


**Start Point:** Taking the N8 from Fermoy to Mitchelstown road, turn off left onto the R513 just after bypassing Mitchelstown. After approx. 6 km, turn right onto the small road through Anglesborough to Moor Abbey on the R663 about 4km west of

Lisvarrinane. Start at Moor Abbey.

**Time:** 2/3 hours

**Difficulty:**   
 About 10km it takes two2 to three3 hours on country lanes, fields and river bank with

spectacular views of the Galtee range. Waterproof boots essential after wet weather.

**Map:** OS Discovery 74

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